

Activity Alphabet! SAMPLE ANSWERS



Can you think of a physical activity
for each letter of the alphabet?
Be creative!

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| A <u>Aerobics, acrobatics, apple picking</u> | N <u>Newspaper delivery</u> |
| B <u>Bowling, biking, ballet, basketball</u> | O <u>Ocean diving, outdoor games</u> |
| C <u>Canoeing, calisthenics</u> | P <u>Parachuting, pogo stick</u> |
| D <u>Dancing, dog walking</u> | Q <u>Quail hunting</u> |
| E <u>Exploring, exercise, elephant bathing</u> | R <u>Roller skating, roping, rowing, running</u> |
| F <u>Fly fishing, fencing, football</u> | S <u>Swimming, skiing, sledding</u> |
| G <u>Gymnastics, golfing, gardening</u> | T <u>Trampoline jumping, tubing, tennis</u> |
| H <u>Hiking, hay stacking, horse shoes</u> | U <u>unicycle riding, umpiring</u> |
| I <u>Ice skating, ice-hockey</u> | V <u>Vacuuming, volleyball</u> |
| J <u>Jogging, jump rope</u> | W <u>Water skiing, walking, weight lifting</u> |
| K <u>Kite flying, kayaking, karate</u> | X <u>X-country skiing, xylophone playing</u> |
| L <u>Limbo, logging, leaping</u> | Y <u>Yo-yoing, yard cleaning, yoga</u> |
| M <u>mowing the lawn, marching, martial arts</u> | Z <u>Zebra riding, zoo going</u> |



Tuning
In

*Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson Fifth—Tuning In.
Source: Wellness in the Rockies, (WIN the Rockies) developed at the University of Wyoming,
www.uwyo.edu/wintherockies.*

Eat Smart Be Smart